

THE ENDURANCE TRAP

Why “Holding It All Together” Is Holding You Back

For leaders who are exhausted from over-functioning and need a sustainable way to lead.

What this talk does: It helps high achievers break the cycle of over-functioning and exhaustion so they can lead with clarity, boundaries, and intentional impact.

What audiences learn:

- How the traits that drive high performance can also drive burnout
- Why outdated beliefs about strength keep leaders stuck in survival mode
- How “holding it all together” limits innovation, communication, and team trust

Jessica’s Burnout-Proof Framework: Recognize → Release → Reset A simple, powerful model leaders can use to shift from endurance to sustainability.

What they walk away with:

- Clarity around one expectation they’ve been carrying that’s draining their energy
- One boundary they can reset immediately
- One intentional action to protect their capacity and lead with resilience

Why CEOs love this talk: It creates leaders who are steadier, clearer, and more sustainable, which improves performance, culture, and retention.





THE POWER SHIFT

Redefining Strength, Success, & Courage

For leaders who need a healthier, more authentic definition of strength and success.

What this talk does: It gives high achievers a healthier, more sustainable definition of strength, one that replaces perfectionism and performance with courage, connection, and authenticity.

What audiences learn:

- How outdated beliefs about success quietly fuel burnout, self-doubt, and over-functioning
- Why “performing strength” disconnects leaders from their teams and themselves
- How true confidence is built through honest presence, not flawless execution

What they walk away with:

- Clarity around one limiting belief that’s been holding them back
- A practical “reset” they can apply immediately
- A renewed sense of purpose, courage, and grounded leadership

Why CEOs love this talk: It creates leaders who are more self-aware, more connected, and more effective, without burning out.

